

# Self-Esteem and Self-Worth Booster Journal

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A JOURNAL FOR AMBITIOUS WOMEN SEEKING  
TO AMPLIFY THEIR SELF-WORTH AND  
CULTIVATE UNWAVERING SELF-CONFIDENCE



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## ABOUT US

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### *Why Choose Idra Wellness*

**Inspiration:** We aspire to inspire you to prioritize self-care and emotional well-being in your life's journey.

**Quality:** We are committed to providing you with high-quality products that align with our mission.

**Community:** Join our community of like-minded individuals who are dedicated to living a life enriched with emotional well-being.

Join Us on Your Journey to Emotional Well-being

We invite you to explore our website, discover our products, and immerse yourself in a community that shares your commitment to emotional wellness. Whether you're taking your first steps toward self-care or seeking to elevate your well-being, Idra Wellness is here to guide and inspire you.



## SELF-ESTEEM AND SELF-WORTH BOOSTER JOURNAL

Hey there, lovely soul! Welcome to your very own Self- Esteem and Confidence Booster Journal. This little gem is about to become your secret weapon in unleashing your true radiance and embracing your unique awesomeness.

It's like having a personal cheerleader right by your side, reminding you of your incredible worth and cheering you on as you soar to new heights.

Trust me, gorgeous, this journal is here to help you tap into your inner confidence and shine like the superstar you were born to be.

So, let's dive into this adventure together and let the magic unfold. You've got what it takes, my friend, and I'm here to sprinkle a little extra sparkle on your journey. Ready to rock?

Let's go!





## SELF DISCOVERY - TAP INTO YOUR INNATE POWER

Let's dive into the wonderful world of journaling and uncover all the amazing benefits it brings to our lives.

Picture this: a cozy nook, a hot cup of tea (or coffee, if you prefer), and a trusty journal by your side. Journaling isn't just putting pen to paper; it's a transformative practice that allows us to rediscover ourselves, unleash our creativity, and find solace in the chaos of life. Plus, it's like having a personal therapist without the hefty price tag! But wait, there's more!

I'm here to share the juiciest tips for journaling success.

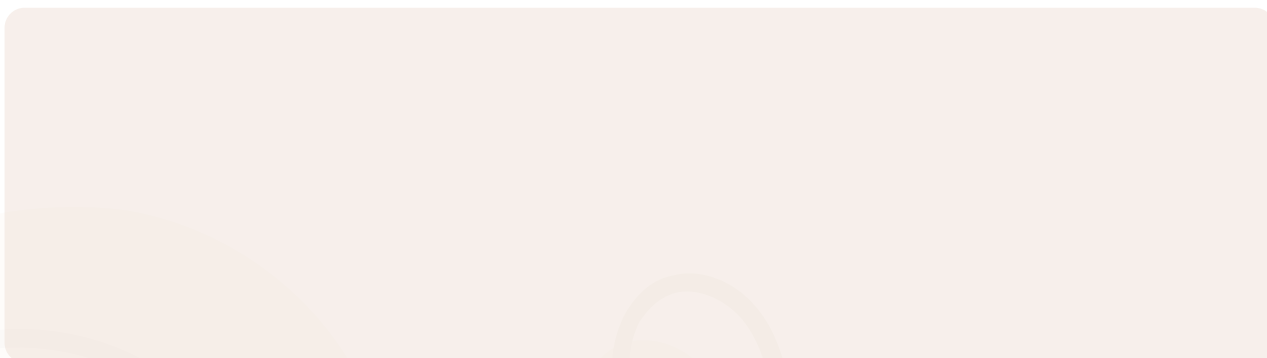
We'll break down the secret ingredients that make journaling effective, sprinkle in some humor, and create a journaling routine that fits your unique style. So, grab your favorite pen and get ready for a wild ride of self-discovery, reflection, and maybe even a few doodles along the way!

Let's make this journaling journey epic, my friend!

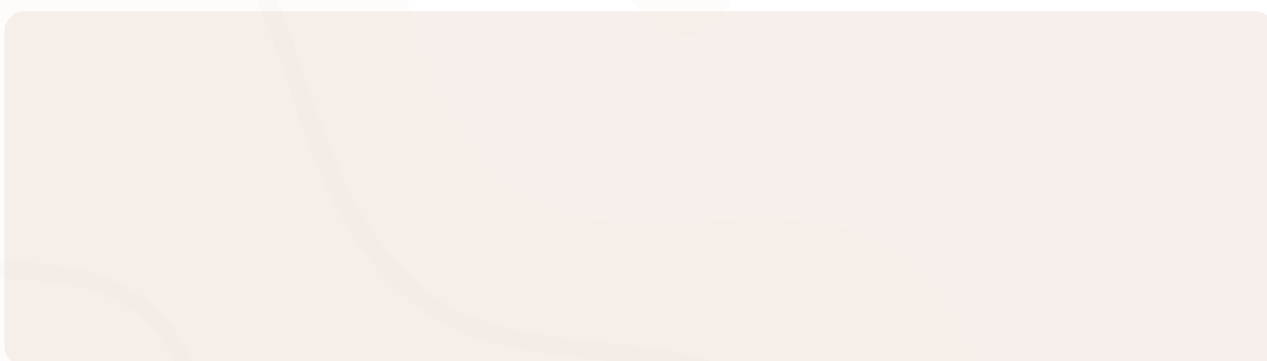


# SELF DISCOVERY - TAP INTO YOUR INNATE POWER

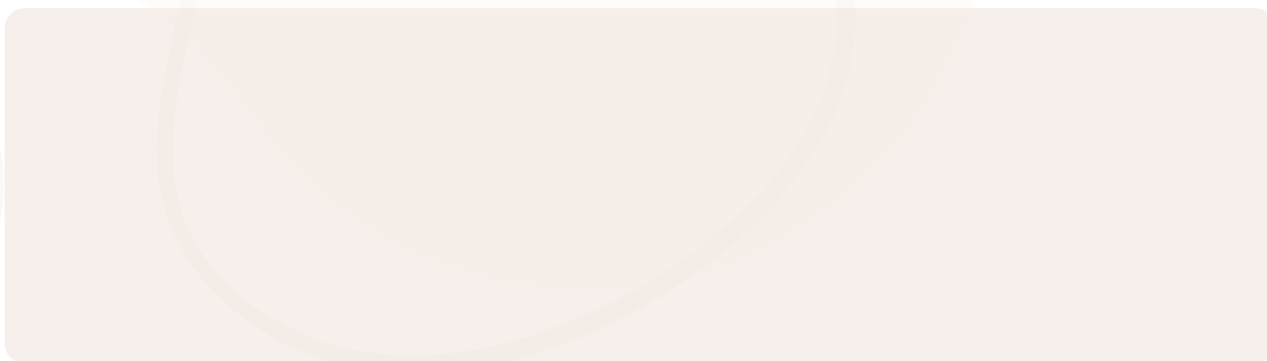
WHAT ARE THREE QUALITIES OR CHARACTERISTICS THAT MAKE ME UNIQUE AND SPECIAL AS A WOMAN?



DESCRIBE A TIME WHEN I FELT TRULY CONFIDENT AND POWERFUL. WHAT LED TO THAT EXPERIENCE?

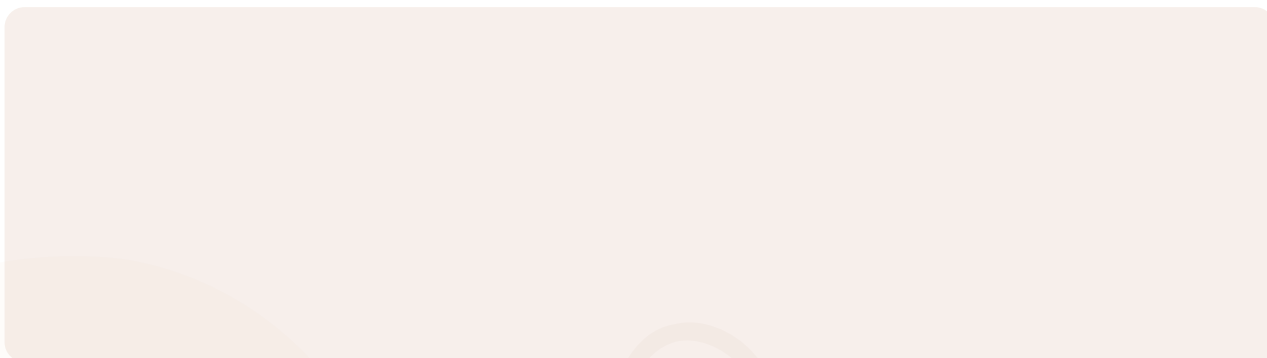


DESCRIBE A TIME WHEN YOU FELT CONFIDENT AND ACCOMPLISHED. WHAT STRENGTHS DID YOU RELY ON IN THAT SITUATION?

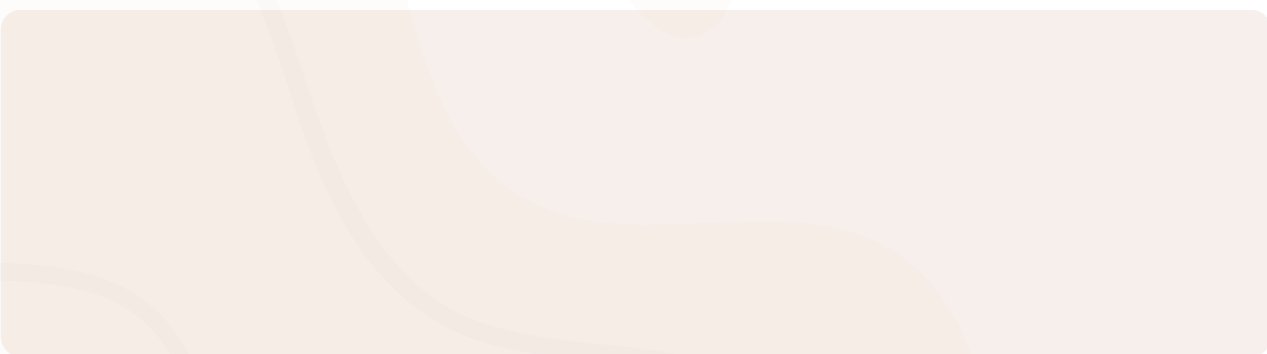


# SELF DISCOVERY - TAP INTO YOUR INNATE POWER

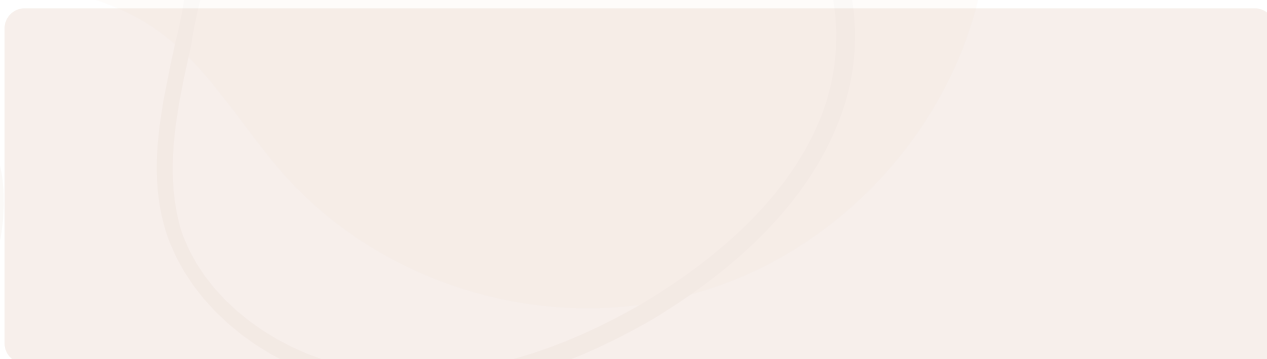
WHAT ARE FIVE THINGS I LOVE ABOUT MYSELF AND WHY?



WRITE ABOUT A CHALLENGE YOU FACED AND HOW YOU SUCCESSFULLY NAVIGATED IT. WHAT DID YOU LEARN ABOUT YOURSELF FROM OVERCOMING THAT CHALLENGE?



REFLECT ON A CHALLENGE OR OBSTACLE I'VE OVERCOME IN THE PAST. HOW DID IT SHAPE ME INTO THE STRONG WOMAN I AM TODAY?



# SELF DISCOVERY - TAP INTO YOUR INNATE POWER

WRITE ABOUT A ROLE MODEL OR INSPIRING WOMAN WHO HAS HAD A SIGNIFICANT IMPACT ON MY LIFE. WHAT QUALITIES DO I ADMIRE MOST ABOUT HER, AND HOW CAN I EMBODY THOSE QUALITIES IN MY OWN LIFE?

LIST THREE MOMENTS OF PERSONAL GROWTH OR SELF-DISCOVERY THAT HAVE SHAPED MY JOURNEY AS A WOMAN. HOW HAVE THEY INFLUENCED MY PERSPECTIVE AND ACTIONS?

WHAT ARE MY TOP FIVE STRENGTHS? HOW CAN I LEVERAGE THESE STRENGTHS TO NAVIGATE CHALLENGES AND ACHIEVE MY GOALS?



# SELF DISCOVERY - TAP INTO YOUR INNATE POWER

DESCRIBE A SITUATION WHERE I SUCCESSFULLY STEPPED OUT OF MY COMFORT ZONE AND SURPRISED MYSELF WITH MY ABILITIES. HOW DID IT MAKE ME FEEL?

Blank response area for the first question.

LIST THREE FEARS OR INSECURITIES THAT HOLD YOU BACK FROM FULLY EMBRACING YOUR CONFIDENCE. HOW CAN YOU WORK ON OVERCOMING THEM?

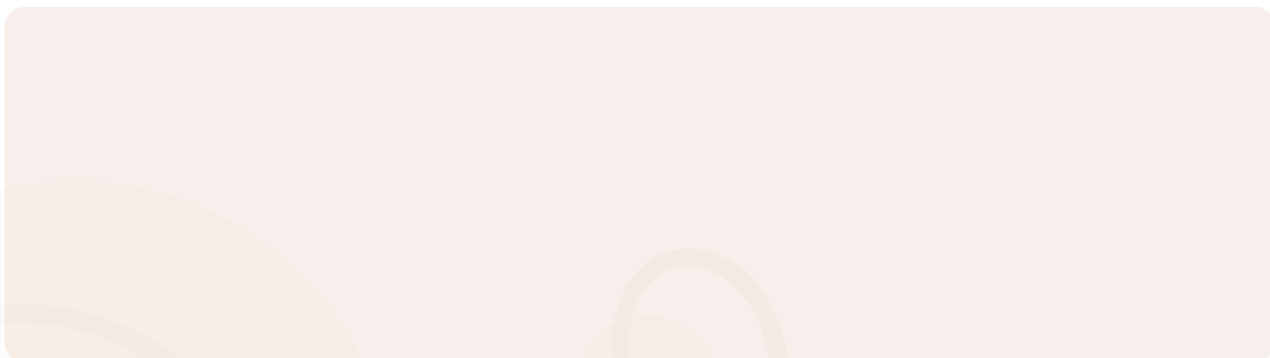
Blank response area for the second question.

WHAT ARE THREE LIMITING BELIEFS OR SELF-DOUBTS THAT I WANT TO LET GO OF? HOW CAN I REFRAME THEM INTO EMPOWERING BELIEFS THAT PROPEL ME FORWARD?

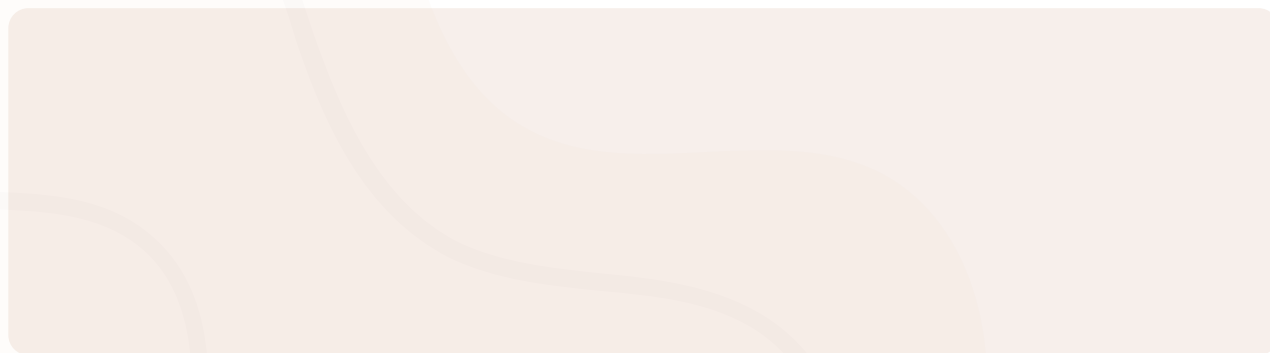
Blank response area for the third question.

# SELF DISCOVERY - TAP INTO YOUR INNATE POWER

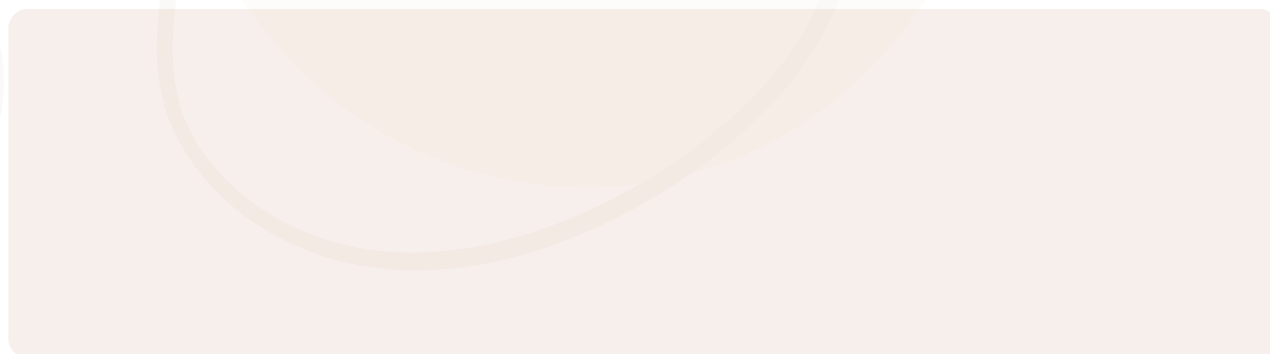
REFLECT ON A TIME WHEN I SUPPORTED OR UPLIFTED ANOTHER WOMAN. HOW DID IT MAKE ME FEEL, AND HOW CAN I CONTINUE TO CREATE A POSITIVE IMPACT IN THE LIVES OF OTHER WOMEN?



WHAT ARE MY CORE VALUES AS A WOMAN? HOW CAN I ALIGN MY ACTIONS AND CHOICES WITH THESE VALUES TO LIVE A MORE AUTHENTIC AND FULFILLING LIFE?



WRITE A LETTER OF ENCOURAGEMENT TO YOUR YOUNGER SELF, OFFERING WISDOM, COMPASSION, AND LOVE. WHAT ADVICE WOULD YOU SHARE WITH HER?



# SELF DISCOVERY - TAP INTO YOUR INNATE POWER

■ IN WHAT AREAS OF MY LIFE DO I NEED TO SET STRONGER BOUNDARIES? HOW CAN I PRIORITISE MY OWN WELL-BEING AND HONOR MY NEEDS WITHOUT GUILT?

Blank space for writing answers to the first question.

■ DESCRIBE A DREAM OR ASPIRATION THAT I'VE BEEN HESITANT TO PURSUE. WHAT STEPS CAN I TAKE TO OVERCOME MY FEARS AND TAKE ACTION TOWARD MAKING THAT DREAM A REALITY?

Blank space for writing answers to the second question.

■ IMAGINE YOUR IDEAL VERSION OF YOURSELF AS A CONFIDENT AND POWERFUL WOMAN. WHAT DOES SHE LOOK LIKE, HOW DOES SHE CARRY HERSELF, AND WHAT ACTIONS DOES SHE TAKE? HOW CAN YOU EMBODY HER QUALITIES IN YOUR DAILY LIFE?

Blank space for writing answers to the third question.





## UNCOVERING YOUR INNER STRENGTHS

Have you ever stopped to think about the amazing strength that resides within you? Well, in this section, we're going on a journey of strength reflection together. We'll dive into the depths of your resilience, courage, and tenacity that have carried you through life's challenges. It's time to give yourself a big high-five for all the times you've conquered obstacles and come out on top.

This is your chance to celebrate your unique qualities and the triumphs, big or small, that have shaped your character. By reflecting on your strength, you'll boost your self-esteem and confidence, knowing that you've got what it takes to overcome anything that comes your way.

Let's make it clear—this isn't about glorifying pain or diminishing the struggles you've faced. It's about recognising the inner fire that has propelled you forward and embracing the beauty that emerges from difficult journeys. By shining a light on your strength, you'll illuminate a path to greater self-belief and empowerment that'll have a positive ripple effect in all areas of your life.



# STRENGTH REFLECTION

## **STRENGTH REFLECTION EXERCISE:**

PICTURE YOURSELF STANDING ON A MOUNTAINTOP, LOOKING BACK AT YOUR RECENT ACCOMPLISHMENTS AND CHALLENGES. DIVE INTO THE DETAILS AND WRITE ABOUT HOW YOUR STRENGTHS CONTRIBUTED TO YOUR SUCCESS. FEEL THE PRIDE AND CONFIDENCE WASH OVER YOU AS YOU RECOGNISE THE INCREDIBLE THINGS YOU'VE ACHIEVED.



# STRENGTH REFLECTION

## **STRENGTH VISUALISATION**

CLOSE YOUR EYES AND IMAGINE A VIBRANT VERSION OF YOURSELF CONFIDENTLY EMBRACING YOUR STRENGTHS. SEE YOURSELF RADIATING WITH SELF-ASSURANCE, JOY, AND A DEEP CONNECTION TO YOUR INNATE GIFTS. IN THIS EXERCISE, WE'LL ENGAGE IN THE POWER OF VISUALISATION TO HELP YOU FULLY EMBODY AND AMPLIFY YOUR STRENGTHS. GET READY TO UNLEASH THE FULL FORCE OF YOUR POTENTIAL!

## **IMPLEMENTATION TIP**

FIND A QUIET SPACE WHERE YOU WON'T BE INTERRUPTED. CLOSE YOUR EYES AND VISUALISE YOURSELF USING YOUR STRENGTHS IN VARIOUS SITUATIONS. SEE YOURSELF EXCELLING, FEELING EMPOWERED, AND MAKING A POSITIVE IMPACT. CAPTURE THE EMOTIONS AND SENSATIONS THAT ARISE DURING THIS VISUALISATION AND LET THEM FUEL YOUR JOURNEY.



# STRENGTH DEVELOPMENT PLAN

Now that you've identified your strengths, it's time to nurture and develop them further. In this exercise, we'll create a personalized plan to cultivate your strengths intentionally.

You'll outline specific actions and strategies to harness your strengths and unlock their full potential. Get ready to take inspired steps toward becoming the best version of yourself

## IMPLEMENTATION TIP

Select one or two strengths that you want to focus on developing. Break down each strength into actionable steps or habits you can incorporate into your daily life.

Start small, be consistent, and track your progress. Remember, small actions can lead to significant transformations over time!





# MY STRENGTHS

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Affirmation

My Strength Is:

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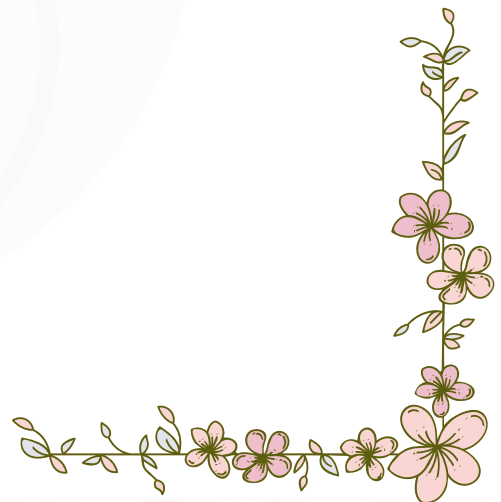
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Break down this strength into actionable steps or habits you can incorporate into your daily life

How can you achieve them?



# MY STRENGTHS

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Affirmation

My Strength Is:

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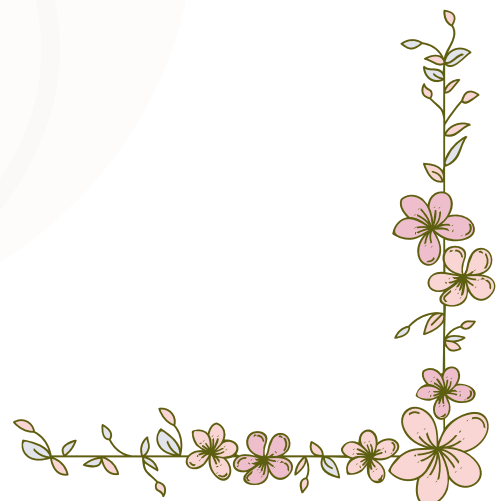
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Break down this strength into actionable steps or habits you can incorporate into your daily life

How can you achieve them?



# MY STRENGTHS

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Affirmation

My Strength Is:

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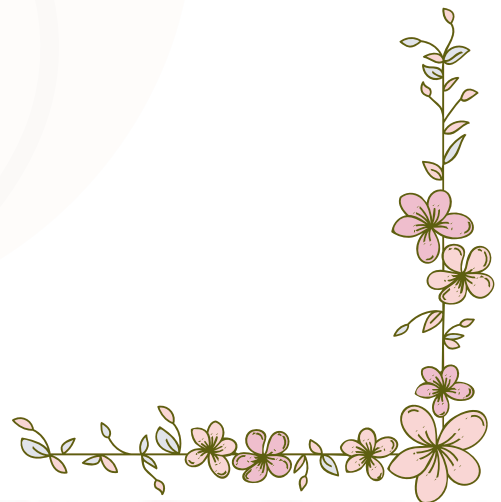
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Break down this strength into actionable steps or habits you can incorporate into your daily life

How can you achieve them?



# NOTES

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## RELEASE YOUR INNER CRITIC

Have you ever felt the weight of your own judgment, the harsh whispers of self-doubt echoing in your mind? We all carry within us an inner critic, a voice that can be relentless in its criticism and unyielding in its pursuit of perfection.

But here's the truth: that inner critic is not your friend. It's time to release its grip and embrace the power of self-acceptance and self-compassion.

In this section, we embark on a profound journey of freeing ourselves from the shackles of self-criticism. We will explore the limiting beliefs holding you back.

By the end of this chapter, you'll be equipped with empowering tools to quiet that inner critic and activate your inner power to create an action plan to move you toward achieving your goals



# JOURNAL PROMPTS

These journal prompts will help you discover the thoughts that are holding you back and help you activate your inner guidance to propel you into action

## **I AM INCAPABLE OR UNWORTHY OF...**

YOU MIGHT DISCOVER YOUR MOST OBVIOUS LIMITING BELIEFS BY OUTLINING THE THINGS YOU FEEL YOU ARE NOT CAPABLE OF OR UNDESERVING OF.



# STRENGTH REFLECTION

These journal prompts will help you discover the thoughts that are holding you back and help you activate your inner guidance to propel you into action

## **I BELIEVE I AM INCAPABLE BECAUSE...**

IT'S OFTEN A GOOD IDEA TO DELVE A LITTLE MORE ONCE YOU DO DISCOVER CERTAIN BARRIERS AND LIMITING IDEAS. YOU'LL HAVE TO FACE YOUR FEARS BECAUSE OF IT.

BUT PUTTING THESE NOTIONS IN THEIR PROPER CONTEXT MIGHT ALSO BE BENEFICIAL. YOU CAN COME TO REALISE THAT SOME OF THE THINGS YOU THOUGHT WERE TRUE ABOUT YOURSELF ARE ACTUALLY QUITE ABSURD.

# STRENGTH REFLECTION

These journal prompts will help you discover the thoughts that are holding you back and help you activate your inner guidance to propel you into action

## **IF I BELIEVED I WAS CAPABLE OF ANYTHING, I COULD...**

THIS IS WHERE THINGS START TO TAKE A POSITIVE SHIFT. IT'S TIME TO GAIN CONFIDENCE ONCE YOU HAVE DETERMINED YOUR CONVICTIONS AND THE REASONS BEHIND THEM.

START REFLECTING AND IMAGINING WHAT YOUR LIFE WOULD BE LIKE IF YOU TRULY BELIEVED YOU COULD FULFILL ALL OF YOUR ASPIRATIONS. HOW WOULD YOU BEHAVE AND WHO WOULD YOU BE? THIS SERVES TWO OBJECTIVES:

1. YOU SEND THE FOLLOWING CLEAR SIGNALS TO YOUR SUBCONSCIOUS: I CAN!
2. YOU BECOME MORE AWARE OF THE ANGLE IN WHICH YOU SHOULD TURN YOUR LIMITING BELIEFS. SINCE IT IS SO SIMPLE!



# STRENGTH REFLECTION

These journal prompts will help you discover the thoughts that are holding you back and help you activate your inner guidance to propel you into action

## **WHAT WOULD HAVE TO CHANGE IN MY LIFE, AND WHAT WOULD I HAVE TO DO TO ACHIEVE MY BIG DREAM BEFORE THE END OF (THE YEAR / MONTH / WEEK)?**

THIS PROMPT HELPS YOU GAIN CLARITY ON ACTION STEPS TO TAKE. IT'S IMPORTANT TO REMEMBER THAT FEAR ( IN WHATEVER FORM SHE LOOKS LIKE) WILL ALWAYS COME A KNOCKING, PUT HER IN THE BACK SEAT AND TAKE THE ACTION STEPS THAT COME TO YOU AS YOU USE THIS PROMPT

# REFRAMING NEGATIVE THOUGHTS

Instead of: I will try:

I am fat and ugly

My body is beautiful and strong and takes me places

I can't do this

If others can do this, so can I, they are not more special or more clever than I am

I give up

I'll take a break, wait for the anxiety to pass, then think about a strategy forward

This is too hard

I won't worry about what MAY happen in 6 months, I will only do this one task today, and one task tomorrow. I will take it one day at a time, until all tasks are done and it's 6 months later.

I made a mistake

No-one is perfect. Everyone makes mistakes. But I will learn from it and move forward.

# NOTES

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# EMPOWERING AFFIRMATIONS FOR BOOSTING SELF-ESTEEM AND CONFIDENCE

Affirmations are like nourishing mantras for your soul, a powerful tool to rewire your thoughts and cultivate self-esteem and confidence. By consciously choosing positive and empowering statements, you can transform your self-perception and ignite a deep sense of belief in your own worth.

In this section, we will explore the art of creating personalised affirmations that resonate with your authentic self, reminding you of your inherent value and strength.

Remember, affirmations are most effective when coupled with consistent action and a mindset open to growth and self-compassion. As you infuse your life with empowering affirmations, you will witness the transformative power they hold. Embrace the beauty of your words, and let them nurture your self-esteem and confidence, guiding you towards a life filled with radiance and self-belief



# EMPOWERING AFFIRMATIONS

## EMPOWERING AFFIRMATIONS

### **CHOOSE EMPOWERING STATEMENTS:**

SELECT AFFIRMATIONS THAT INSPIRE AND UPLIFT YOU. KEEP THEM POSITIVE, PRESENT TENSE, AND PERSONAL. FOR EXAMPLE, IF YOU STRUGGLE WITH SELF-CONFIDENCE IN SOCIAL SITUATIONS, YOU MIGHT CREATE AN AFFIRMATION LIKE, "I RADIATE CONFIDENCE AND AUTHENTICITY IN EVERY INTERACTION."

### **EMBRACE GRATITUDE AND SELF-COMPASSION:**

ACKNOWLEDGE YOUR JOURNEY AND EXPRESS GRATITUDE FOR THE PROGRESS YOU'VE MADE. CRAFT AFFIRMATIONS THAT CELEBRATE YOUR GROWTH AND SELF-COMPASSION. FOR INSTANCE, "I AM GRATEFUL FOR THE PERSON I AM BECOMING, AND I HONOR MYSELF WITH LOVE AND KINDNESS."

### **AMPLIFY YOUR POWER:**

CREATE AFFIRMATIONS THAT TAP INTO YOUR INNER STRENGTH AND RESILIENCE. AFFIRM YOUR ABILITY TO OVERCOME CHALLENGES AND EMBRACE YOUR INHERENT WORTH. FOR EXAMPLE, "I AM CAPABLE OF HANDLING ANYTHING THAT COMES MY WAY. I TRUST IN MY ABILITIES AND FACE CHALLENGES WITH COURAGE."

### **REPEAT, REINFORCE, AND REFLECT:**

WRITE YOUR AFFIRMATIONS DOWN AND REPEAT THEM DAILY, PREFERABLY IN FRONT OF A MIRROR. SPEAK THEM WITH CONVICTION AND BELIEVE IN THEIR TRUTH. TAKE TIME TO REFLECT ON HOW EACH AFFIRMATION RESONATES WITH YOU AND OBSERVE ANY POSITIVE SHIFTS IN YOUR MINDSET AND SELF-PERCEPTION.

# EMPOWERING AFFIRMATIONS

## EXAMPLES OF AFFIRMATIONS

I AM WORTHY OF LOVE AND RESPECT EXACTLY AS I AM, AND I EMBRACE MY UNIQUE JOURNEY WITH COMPASSION AND ACCEPTANCE

MY VOICE MATTERS, AND I CONFIDENTLY EXPRESS MY THOUGHTS AND OPINIONS WITH GRACE AND CONVICTION.

I TRUST IN MY ABILITIES TO OVERCOME CHALLENGES, AND I APPROACH OBSTACLES WITH RESILIENCE, KNOWING THAT EACH HURDLE STRENGTHENS ME.

I RADIATE CONFIDENCE AND AUTHENTICITY IN EVERY INTERACTION, ATTRACTING POSITIVE AND MEANINGFUL CONNECTIONS INTO MY LIFE.

I AM DESERVING OF SUCCESS AND ABUNDANCE, AND I CONFIDENTLY PURSUE MY DREAMS, KNOWING THAT I HAVE WHAT IT TAKES TO ACHIEVE THEM.

I RELEASE COMPARISON AND EMBRACE MY OWN JOURNEY, UNDERSTANDING THAT MY PATH IS UNIQUE AND FILLED WITH LIMITLESS POTENTIAL.

I AM DESERVING OF SELF-CARE AND PRIORITIZE MY WELL-BEING, KNOWING THAT BY NURTURING MYSELF, I AM BETTER EQUIPPED TO SHINE MY LIGHT IN THE WORLD.

I AM RESILIENT AND ADAPTABLE, CAPABLE OF EMBRACING CHANGE AND TURNING IT INTO AN OPPORTUNITY FOR GROWTH AND TRANSFORMATION.

I CELEBRATE MY ACHIEVEMENTS, BOTH BIG AND SMALL, AND ACKNOWLEDGE THE PROGRESS I HAVE MADE ON MY PERSONAL AND PROFESSIONAL JOURNEY.

I AM A MAGNET FOR POSITIVE EXPERIENCES AND OPPORTUNITIES, AND I ATTRACT ABUNDANCE AND JOY INTO MY LIFE THROUGH MY POSITIVE MINDSET AND UNWAVERING BELIEF IN MYSELF.

## SETTING BOUNDARIES AND SAYING NO

Now let's explore the transformative power of boundaries and how they play a pivotal role in a woman's life. By learning to establish healthy boundaries and confidently assert ourselves, we can cultivate a greater sense of self-worth, nurture our well-being, and create more fulfilling relationships.

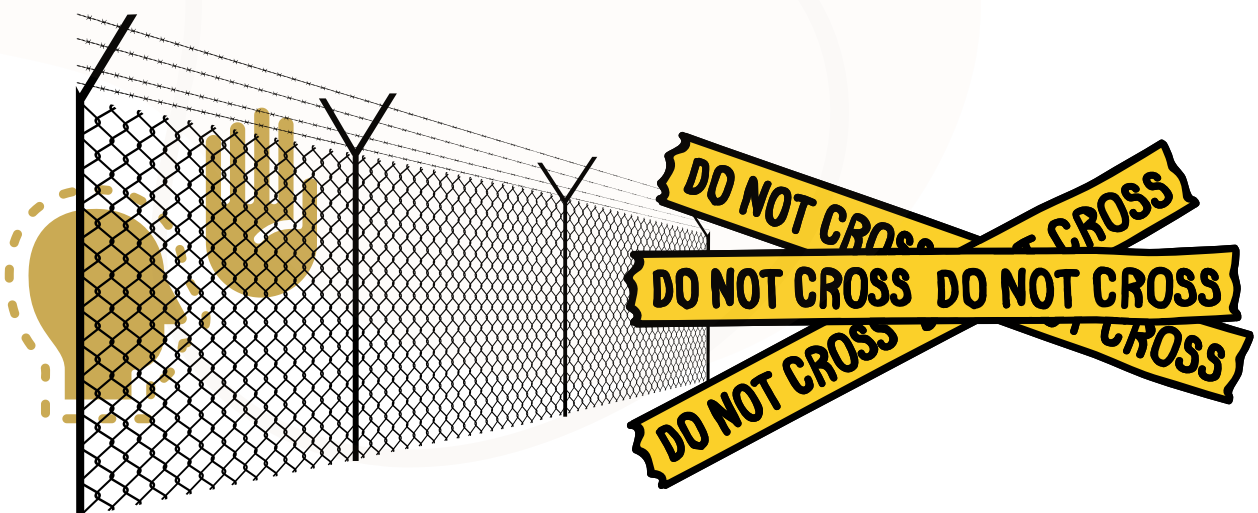


# UNDERSTANDING BOUNDARIES

Boundaries are the invisible lines we draw around ourselves to define our physical, emotional, and mental limits. They reflect our values, needs, and personal space. Boundaries are not about building walls or shutting people out; rather, they are about creating a healthy balance between self-care and our connections with others.

As women, we often find ourselves struggling with boundaries. We may fear disappointing others, seek external validation, or prioritize the needs of others above our own. Society, cultural expectations, and gender roles can further complicate our ability to set boundaries effectively.

However, setting boundaries is not selfish; it is an act of self-care, self-respect, and self-empowerment.





## THE IMPACT OF NOT SETTING BOUNDARIES:

When we neglect to set boundaries, we may experience a range of negative consequences that can significantly impact our well-being. We may feel overwhelmed, emotionally drained, or resentful due to taking on too much responsibility.

Our relationships may become imbalanced, with our own needs being consistently overlooked. We may lose touch with our own desires, dreams, and aspirations, leading to a loss of personal identity and fulfillment



## THE POWER OF SAYING NO

Saying no is one of the most empowering acts of boundary-setting. By saying no, we honor our authentic selves and protect our time, energy, and values. It allows us to establish healthy limits, create space for self-care, and cultivate a deeper sense of self-worth.

Saying no is not a rejection of others but a powerful affirmation of our own needs and priorities.



## EMBRACING SELF-WORTH

At the core of setting boundaries and saying no lies the essential ingredient of self-worth. Self-worth is recognizing our inherent value, deservingness, and right to prioritize our own well-being.

When we believe in our worth, we become more confident in setting and maintaining boundaries that align with our authentic selves



# BOUNDARIES WORKSHEET

TAKE SOME TIME TO REFLECT ON YOUR EXPERIENCES WITH SETTING BOUNDARIES AND SAYING "NO." ANSWER THE FOLLOWING QUESTIONS

**WHAT ARE SOME SITUATIONS WHERE YOU FIND IT DIFFICULT TO SET BOUNDARIES OR SAY "NO"?**

Blank response area for the first question.

**HOW DOES IT MAKE YOU FEEL WHEN YOU ARE UNABLE TO SET BOUNDARIES?**

Blank response area for the second question.

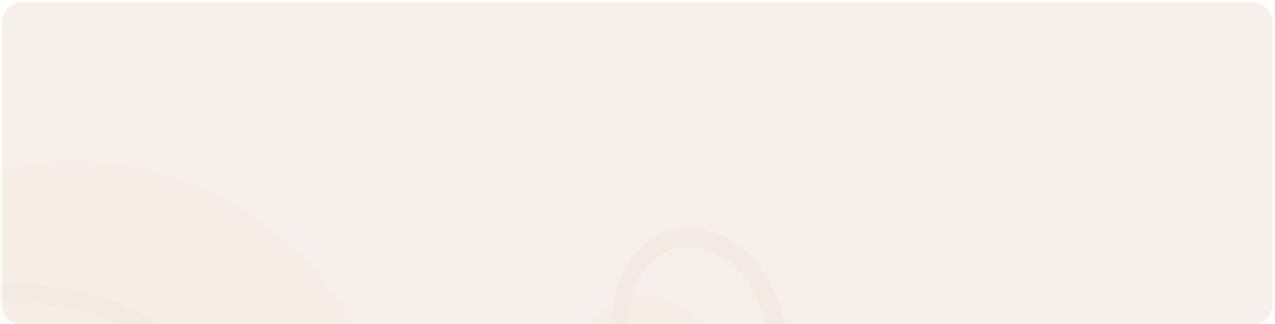
**WHAT ARE SOME PERSONAL BELIEFS OR FEARS THAT MAY CONTRIBUTE TO YOUR DIFFICULTY IN SETTING BOUNDARIES?**

Blank response area for the third question.

# BOUNDARIES WORKSHEET

TAKE SOME TIME TO REFLECT ON YOUR EXPERIENCES WITH SETTING BOUNDARIES AND SAYING "NO." ANSWER THE FOLLOWING QUESTIONS

**HOW WOULD YOUR LIFE IMPROVE IF YOU WERE ABLE TO ESTABLISH AND MAINTAIN HEALTHY BOUNDARIES?**



**WHAT ARE SOME SPECIFIC AREAS OR RELATIONSHIPS IN YOUR LIFE WHERE YOU WOULD LIKE TO DEVELOP STRONGER BOUNDARIES?**



# BOUNDARIES INVENTORY

RATE YOUR COMFORT LEVEL IN SETTING BOUNDARIES IN THE FOLLOWING AREAS ON A SCALE OF 1 TO 10 (1 = EXTREMELY UNCOMFORTABLE, 10 = VERY COMFORTABLE)

**PERSONAL SPACE:** \_\_\_\_\_

**RELATIONSHIPS:** \_\_\_\_\_

**WORK:** \_\_\_\_\_

**SOCIAL ENGAGEMENTS:** \_\_\_\_\_

**PERSONAL VALUES:** \_\_\_\_\_

# PERSONAL BOUNDARIES ACTION PLAN

COMPLETE THE FOLLOWING SECTIONS TO CREATE YOUR ACTION PLAN FOR SETTING BOUNDARIES

## BOUNDARIES GOALS

GOAL 1: \_\_\_\_\_

GOAL2: \_\_\_\_\_

GOAL3: \_\_\_\_\_

## STRATEGIES

STRATEGIES 1: \_\_\_\_\_

STRATEGIES 2: \_\_\_\_\_

STRATEGIES3: \_\_\_\_\_

## SUPPORT SYSTEM

PERSON 1: \_\_\_\_\_

PERSON 2: \_\_\_\_\_

PERSON3: \_\_\_\_\_

# CULTIVATING SELF-CARE RITUALS

Self-care is the cornerstone of building self-esteem and confidence.

In this section, we'll explore nourishing practices that replenish your mind, body, and soul, ensuring you prioritise your well-being amidst life's demands.





# CULTIVATING SELF-CARE RITUALS

LIST ACTIVITIES THAT BRING YOU JOY, RELAXATION, AND REJUVENATION. FROM SIMPLE PLEASURES TO INDULGENT TREATS, CURATE A PERSONAL SELF-CARE MENU TO REFER TO WHENEVER YOU NEED A BOOST.

## MY SELF CARE MENU

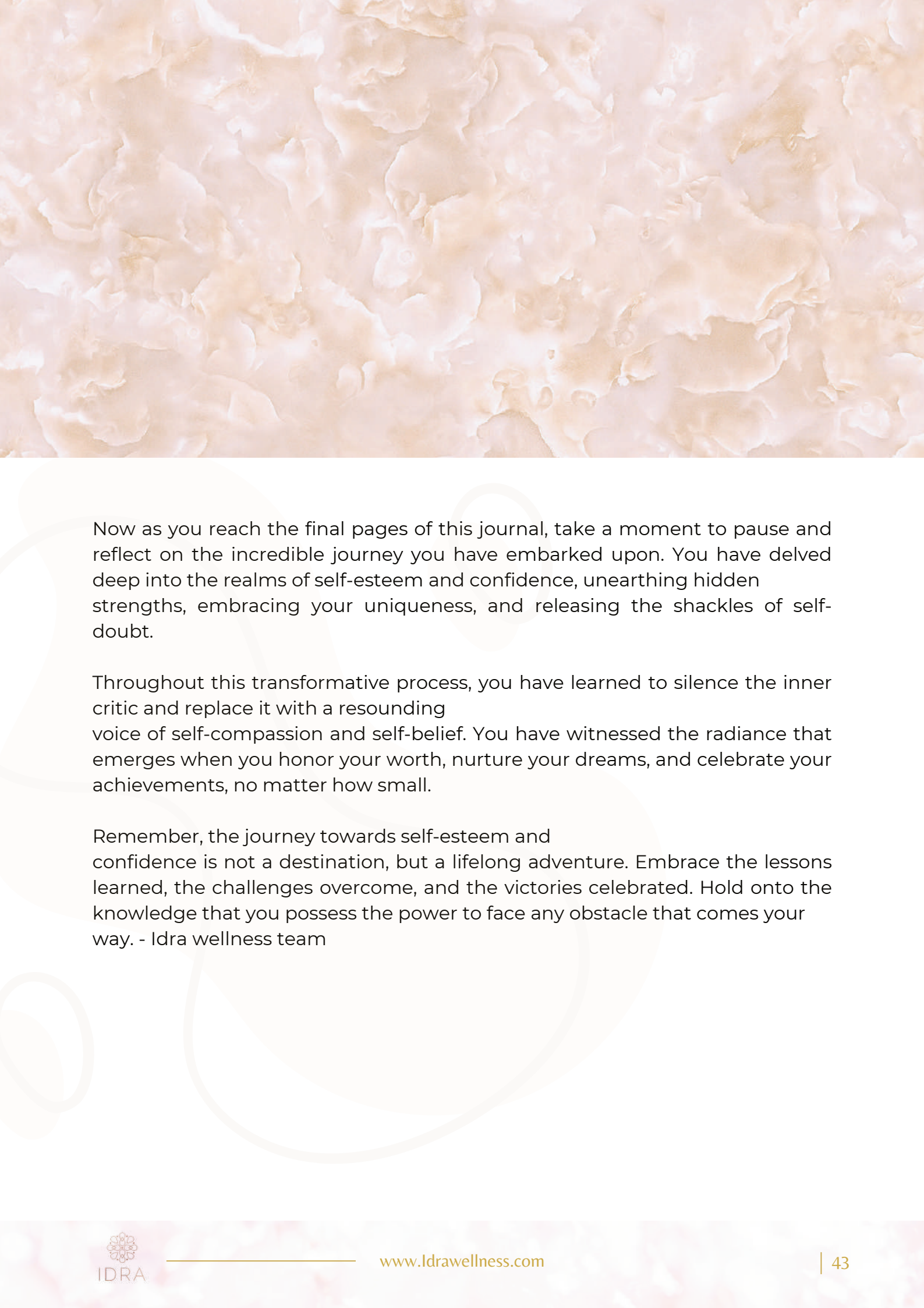


# 30 DAY

## Self-Care Planner

DAY 3 DAY 4 DAY 5

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>
Start a gratitude journal	Learn to meditate	Spend the day social media free	Call someone you love	Take a 15 minute walk outdoors
<b>DAY 6</b>	<b>DAY 7</b>	<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>
Listen to a podcast	Learn to cook a new recipe	Stretch for 10-15 minutes	Listen to your favorite song	Practice deep breathing
<b>DAY 11</b>	<b>DAY 12</b>	<b>DAY 13</b>	<b>DAY 14</b>	<b>DAY 15</b>
Try a free online workout	Read a book for 15 minutes	Write a list of short-term goals	De-clutter a room or desk	Go to bed 30 minutes earlier
<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>	<b>DAY 19</b>	<b>DAY 20</b>
Have a game night	Wake up 15 minutes earlier	Make your favorite meal	Buy yourself something nice	Create a bucket list
<b>DAY 21</b>	<b>DAY 22</b>	<b>DAY 23</b>	<b>DAY 24</b>	<b>DAY 25</b>
Watch a movie or series	Write down your thoughts	Take a long shower or bath	Have a home spa day	Read inspirational quotes
<b>DAY 26</b>	<b>DAY 27</b>	<b>DAY 28</b>	<b>DAY 29</b>	<b>DAY 30</b>
Create a vision board	Spend some time outside	Do a hair mask	Write it all down in a journal	Take a power nap



Now as you reach the final pages of this journal, take a moment to pause and reflect on the incredible journey you have embarked upon. You have delved deep into the realms of self-esteem and confidence, unearthing hidden strengths, embracing your uniqueness, and releasing the shackles of self-doubt.

Throughout this transformative process, you have learned to silence the inner critic and replace it with a resounding voice of self-compassion and self-belief. You have witnessed the radiance that emerges when you honor your worth, nurture your dreams, and celebrate your achievements, no matter how small.

Remember, the journey towards self-esteem and confidence is not a destination, but a lifelong adventure. Embrace the lessons learned, the challenges overcome, and the victories celebrated. Hold onto the knowledge that you possess the power to face any obstacle that comes your way. - Idra wellness team

